

## ABSTRACT OF THE DISCLOSURE

A custom made bite guard construction **(10)** for relaxing a patient's temporal muscles **(105)** and providing relief from the strain of teeth clenching in the molar region **(103)** wherein the construction **(10)** includes a custom fit upper portion **(11)** and a  
5 custom fit lower portion **12** that partially cover only the bicuspid and anterior teeth of the upper **(101)** and lower **(102)** teeth arches and which are joined together by an intermediate bite portion **(13)** that creates a space **(103)** between the opposed teeth in the patient's molar region; and, the invention also includes the method employed in the fabrication of the bite guard construction **(10)**.